

Official OptiHealth Hockey Play Book

Court: OptiHealth Hockey is played on a regular basketball half-court.

Equipment: 4 Hockey Sticks (brooms), 1 hockey ball, 1 Hockey Net, and 11 markers. Note: If the hockey net is placed in the center of a full basketball court, it can be used by two games on opposite sides of the net.

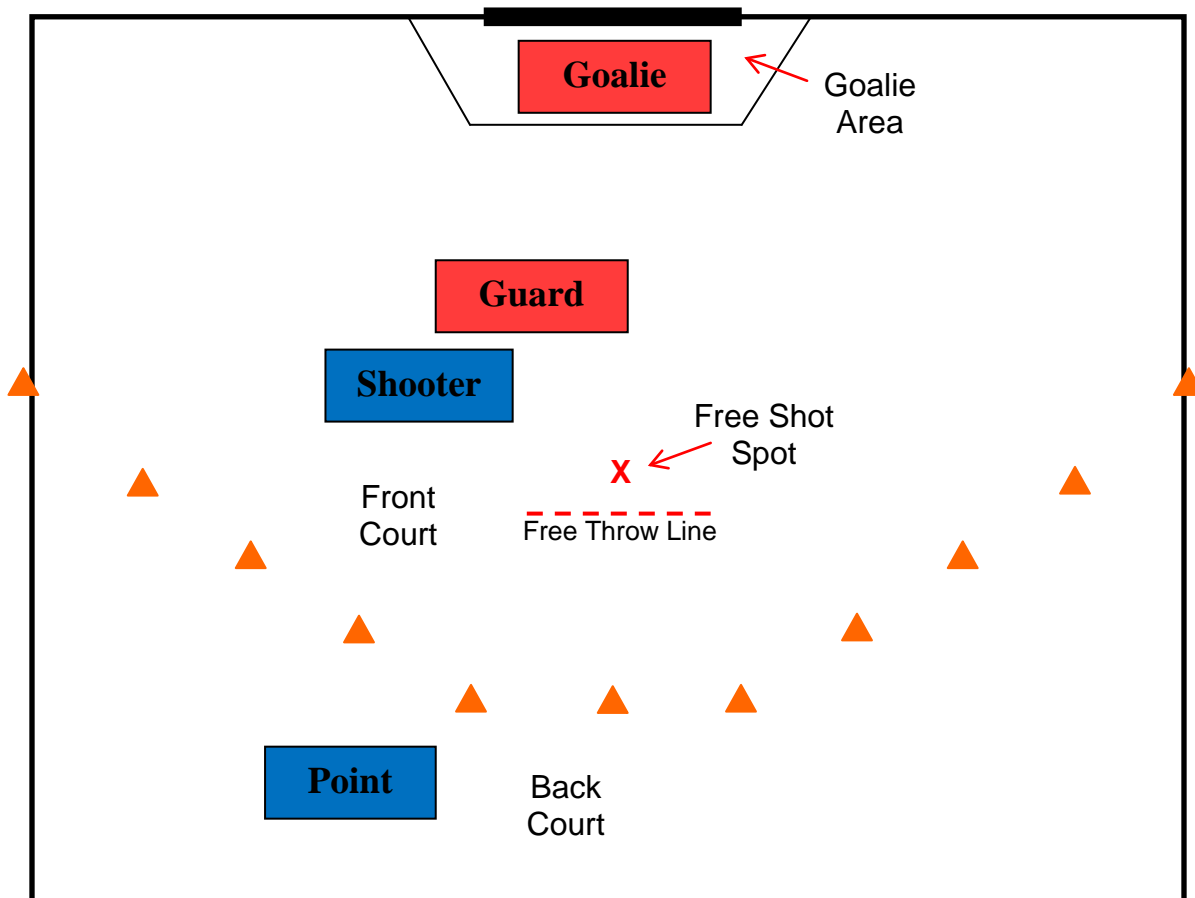
Player Positions: OptiHealth Hockey games are played by 4 players. Each player is assigned to a specific starting position and rotates through all the positions each game.

2 OFFENSIVE POSITIONS	2 DEFENSIVE POSITIONS
<p style="text-align: center;">Point Shooter</p>	<p style="text-align: center;">Goalie Guard</p>

Object of the Game: Players push, pass, trap, and shoot the hockey ball in order to score individual points on each play.

Play Time: Each game consists of 4 quarters. Each quarter consists of 5 plays for a total of 20 plays per game. The players rotate positions each quarter in order to participate in 5 plays in each of the 4 positions. An average of 45 seconds is allowed for each play. Each play involves the in-bounding of the hockey ball and designated 2-on-2 play. Each full game of 20 plays takes 15 minutes to complete. Players sign-up to play games scheduled at 15-minute intervals.

Position Rotation: Players participate in 5 plays to complete a quarter, and then rotate to their next position. Players rotate in the following order: Point moves to Shooter, Shooter moves to Goalie, Goalie moves to Guard, and Guard moves to Point. A complete rotation through all 4 positions constitutes 1 game.



Cost: OptiHealth Basketball costs each player 1 Game Ticket for each 15-minute game (20 plays).

Description of Play

Point: The player in the Point position starts each play by passing the hockey ball from the middle of the Back Court to the Shooter. Then, the Point player can go anywhere in the Back Court at any time throughout the ensuing play, but he/she must remain in the Back Court only.

If during a play the Shooter passes the hockey ball back to the Point, the Point can move anywhere in the Back Court by pushing the hockey ball as he/she moves. The Point tries to pass the hockey ball back to the Shooter as soon as the Shooter is open. The Point is not allowed to make a direct shot attempt at the goal.

Shooter: The Shooter can go anywhere in the Front Court in order to get open for a pass from the Point, but he/she is not allowed to enter the Back Court or the Goalie area at any time.

Upon gaining possession of the hockey ball, the Shooter can go anywhere in the Front Court in order to get open for a shot at the goal. The Shooter always has the option to pass the hockey ball back to the Point.

If the Shooter makes a goal, the play is over. If the Goalie traps the hockey ball, the play is over. If the hockey ball goes out-of-bounds, the play is over. If the Goalie blocks the shot and the hockey ball stays in-bounds, play continues, in which the Goalie, the Shooter, and the Guard all try to gain possession of the hockey ball.

Goalie: The player in the Goalie position must remain in the Goalie area which is 4-feet or “a stick’s length” from the hockey goal. The Goalie tries to prevent the Shooter from making a goal by trapping, or at least blocking, the hockey ball on each shot attempt at the goal by the shooter.

Guard: The player in the Guard position can go anywhere in the Front and Back Court areas, but he/she must stay outside the Goalie area while trying to defend the Shooter or recover a missed shot.

The Guard can gain possession of the hockey ball by 1) Intercepting the hockey ball when it is passed between the Point and Shooter, 2) Recovering a blocked shot while outside the Goalie area, or 3) Recovering a loose ball in the Front or Back Courts. A “loose ball” is “more than a stick’s length” from the player in possession of the hockey ball.

The Guard is not allowed to steal the hockey ball while the Shooter or Point is pushing or holding it (no reaching in). The Guard is allowed to block or trap the hockey ball in the Front Court when the Shooter attempts a shot at the goal.

If the Guard gains possession of the hockey ball, play immediately stops. In this case, the Guard gets a “Free Shot” from the “Free Shot Spot” (X) in the top of the key in front of the free throw line. The Goalie tries to trap, or at least block, the Guard’s Free Shot. If the hockey ball is trapped by the Goalie or if the ball goes out-of-bounds, the play is over. If the hockey ball is blocked and stays in-bounds, play continues.

Out-of-Bounds

If the hockey ball goes out-of-bounds from shot attempts at the goal, including Free Shots, the play is over, but if the hockey ball goes out-of-bounds during a play, play is resumed according to who last touched the hockey ball. Offense vs Defense – If the hockey ball was last touched by the Point or Shooter (offense), then the Guard gets a Free Shot. If the hockey ball was last touched by the guard or Goalie (defense), then the Point re-starts the play.

Penalties:

